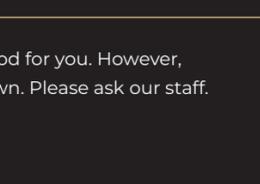


FAVOURITES

- 1. FIVE STAR PORK** 39  1
Braised pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.
- 5. MOO WAN (Pork with Macadamia Nuts)** 34
Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.
- 6. KATA BENJARONG** 36 **Chicken | Beef**  6
Stir-fried chicken or beef slices with seasonal vegetables topped with sesame seeds and served in sizzling hot plate.
- 10. GAI GARLIC (Garlic Chicken)** 35
Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.
- 14. HONEY HONEY CHICKEN** 35  10
Marinated chicken with special honey-soy-ginger sauce, served with pickled vegetables on the side (contains egg).
- 16. PRARAM** 33 **Prawn** 39 **Chicken | Beef | Pork | Tofu**  14
Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce.

DUCK SPECIALS

- D1. NOODLE DUCK** 37  D1
Thai-style stir-fried egg-noodles with roasted duck slices, egg and vegetables.
- D2. ROASTED DUCK CURRY** 38 **GF**  D2 **very mild**
Roasted duck slices in red curry sauce with coconut milk, seasonal vegetables, pineapple and grapes.
- D3. GARLIC DUCK** 39  D3
Roasted duck breast and vegetables topped with special garlic-pepper-coriander sauce.
- D4. PAD KAPAO DUCK (Duck Stir Fried with Basil)** 37 **mild-med**  D4
Stir-fried dish with roasted duck slices, bamboo shoot and seasonal vegetables in spicy chilli-basil paste.
- D5. CRISPY DUCK (Ped Sapparos)** 37  D5
Crispy battered duck slices with special crispy duck sauce and pineapple (contains dairy).
- D6. DUCKS and CASHEW NUTS** 38
Stir-fried roasted duck slices with the Benjarong's special blend soy-based sauce, seasonal vegetables and topped with cashew nuts.
- D8. SOM PED (Orange Duck)** 38 **GF**  D8
Tender slices of roasted duck breast with tangy Thai-style orange sauce served with seasonal vegetables.

DINNER MENU

Benjarong

THAI RESTAURANT

Howick's
favourite
since 1998



Thai Beef Salad

Ph: 09 533 9568 | 87 Picton Street, Howick

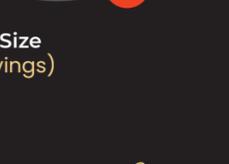
www.benjarong.co.nz

FULLY LICENSED & BYO WINE

If you have any food allergies or dietary requirements, please inform the staff.
Some dishes may contain traces of allergens due to the nature of our working environment.

For safe food handling, we are unable to pack leftover food for you. However, we can provide takeaway containers for you to pack your own. Please ask our staff.

ENTRÉES

- 1.1 CHICKEN SATAY** (3 skewers) **GF** 16  1.1
Marinated chicken in skewers with peanut satay sauce.
- 1.2 THAI SPRING ROLLS** (4 pieces) **Chicken | Vegetarian** 13.50  1.2
Thai spring rolls served with sweet chilli sauce.
- 1.3 CHICKEN & PRAWNS ON TOAST** (3 pieces) 18  1.3
Deep-fried marinated chicken with herbs on toast topped tiger prawns and drizzled with sweet chilli sauce.
- 1.4 CURRY PUFF** (3 pieces) 15  1.4
Puff pastry filled with chicken curry and potatoes.
- 1.5 BEEF SATAY** 17  1.5
Marinated beef slices with peanut satay sauce and crispy deep-fried vegetables on the side.
- 1.6 COMBINATION ENTRÉE** 18  1.6
A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff).
- W1 RICE PAPER WRAPS** **GF** 19  W1
Rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (contains peanuts).
- 8.1 ENTRÉE JAE (Vegetarian Entrée)** 15  8.1
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.
- 8.2 TEMPURA BROCCOLI** 12  8.2
Deep-fried crispy battered broccoli served with sweet chilli sauce.

SOUPS

- 2.1 TOM YUM SOUP** **GF**  2.1 **mild**
Classic warm and sour soup with Thai aromatics and coconut milk.
Chicken | Prawns | Tofu
- 2.3 TOM KHA SOUP** **GF**  2.3
Rich and tangy mild Thai coconut soup
Chicken | Prawns | Tofu (vegetarian) | Vegan

	Entrées	Main Size (2-3 servings)	Family Size (4-5 servings)
Prawns	16	35	45
Meat Veg	16	33	40

THAI SALADS

- 3.1 THAI BEEF SALAD**  3.1 **mild** 34
Tender steak slices with onion, tomato, cucumber, chilli and Thai lemon dressing, topped with crispy noodles.
- 3.2 LARB GAI** **GF**  3.2 **mild-med** 32
Minced chicken with Thai herbs, chilli, red onion and zesty lemon dressing.
- 3.3 THAI PRAWN SALAD** **GF**  3.3 **mild** 39
King prawns with crunchy apple salad dressing

RICE & NOODLES

4.1 PAD THAI NOODLES **GF**

Prawns 35 **Chicken | Tofu** 32
Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.

4.2 THAI FRIED RICE **GF**

Prawns 33 **Vegetarian** 25 **Chicken** 28
Thai stir-fried rice with egg and vegetables.

4.3 PINEAPPLE FRIED RICE **GF**

Prawns 35 **Chicken | Tofu** 32
Special Thai fried rice with chunky pineapple, tomato sauce, egg and vegetables.

4.4 PAD SEE-EW **GF**

Prawns 35 **Chicken | Tofu** 32
Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.

4.5 TOM YUM SOUP with NOODLES **GF** mild

Prawns 35 **Chicken | Tofu** 32
Classic Thai sour soup with rice noodles, chilli, coconut milk, vegetables and chopped peanuts.

JASMINE RICE (per person) 3

COCONUT RICE (per serving) 6

STICKY RICE (per serving) 6

STEAMED NOODLES 10



THAI STIR FRIES

7.2 STIR-FRY with CASHEW NUTS **GF**

Chicken | Beef | Pork | Tofu 34
Our famous dish with Benjarong's special soy-based sauce, seasonal vegetables and topped with cashew nuts.

8.4 PAD PAK RUAM (Vegan) **GF**

Stir-fried seasonal vegetables with soya bean paste and soy sauce and topped with cashew nuts.

7.3 PAD KAPAO (Stir-fry with Basil) mild-med

Prawns 39 **Chicken | Beef | Pork | Tofu** 33
Seasonal vegetables with green beans and bamboo shoot in spicy chilli-basil sauce.

7.4 STIR-FRY with OYSTER SAUCE **GF**

Prawns 39 **Chicken | Beef | Pork | Tofu** 33
Seasonal vegetables sautéed with special oyster-flavoured sauce.

7.6 THAI SWEET and SOUR **GF**

Chicken | Beef | Pork | Tofu (vegetarian) | Vegan 33
Prawns | Fish Fillets 39

Stir-fried dish with seasonal vegetables and pineapple in traditional Thai sweet and sour sauce.

7.9 STIR-FRY with GINGER **GF**

Chicken | Beef | Pork | Tofu 33
Prawns | Fish Fillets 39

Stir fried dish with ginger, soya bean paste and seasonal vegetables.

THAI CURRIES

5.1 THAI GREEN CURRY **GF** mild

Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.

5.2 THAI YELLOW CURRY **GF** very mild

Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.

5.6 THAI RED CURRY **GF** mild

Original Thai red curry with coconut milk, Thai herbs, bamboo shoot and seasonal vegetables.

5.8 JUNGLE CURRY **GF** mild-med

Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot, and seasonal vegetables (no coconut milk).

Prawns 39 **Chicken | Beef | Pork | Tofu (vegetarian) | Vegan** 34



5.3 PANANG CURRY **GF** mild

Chicken | Beef | Pork 34

Meaty curry, tender meat slices in panang curry sauce, Thai herbs and carrots as garnish.

17. BURMESE CURRY mild

Prawns 38 **Chicken** 35

Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in cumin-coconut curry sauce. Served with pickled vegetables and topped with crispy noodles.

7.1 MUSSAMUN CURRY **GF** mild

Beef 35 **Lamb** 36 **Chicken** 34

Marinated meat slices with potatoes in thick mussamun curry sauce and topped with chopped peanuts.

SEAFOOD SPECIALS

S1 KANG THALAY (Seafood Curry) **GF** mild 40

Combination seafood (prawns, calamari, fish fillet and scallops) cooked in red curry sauce with carrots, coriander and coconut milk.

S2 CHOO CHEE CURRY **GF** mild

Scallop Curry | Prawn Curry 39

King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.

S3 PRAWNS and CASHEW NUTS 39

Stir-fried king prawns with seasonal vegetables and Benjarong's special soy-based sauce and topped with cashew nuts.

S4 THALAY GRATIEM **GF**

Garlic Scallops | Garlic Prawns 39

Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce with vegetables served in sizzling hot plate.

S5 THALAY JAN RON 42

Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) with vegetables served in sizzling hot plate.

S7 PLA SNAPPER (Deep-Fried Snapper) 60

Deep-fried whole snapper with special sweet-chilli-tamarind sauce.

S8 SALMON and GINGER (Pla Ayuttaya) 39

Pan-fried salmon steak in special ginger sauce topped with sesame seed.

S9 SALMON and PRAWN CURRY **GF** mild 45

Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.

S10 SALMON in BASIL SAUCE mild-med 39

Pan-fried salmon steak in spicy chilli-basil sauce served with vegetables in a hot plate.



SIDES & EXTRAS

Roti Bread (2 pieces with peanut sauce)	12
Garlic Broccoli	18
Fresh Salad with sweet chilli sauce	18
Steamed Vegetables	10
Prawn Crackers with peanut sauce	10
Peanut Satay Sauce	8
Chips	11
Extra Chilli on the side	1

ADDED IN THE DISH	
Extra Vegetables	10
Extra Cashew Nuts	5
Extra Tofu	6
Extra Meat	15
Extra Seafood (charge per piece)	

Mains does not come with Jasmine Rice

We also have separate Vegetarian & Vegan Menu



Please specify your chilli level preference when ordering

Extra chilli on the side - 1.00 (Chilli flakes or fresh chilli with soy sauce / fish sauce)

Some dishes contains seafood extracts / sauces as essential part of Thai Cuisine.

We use soya bean oil. Vegan and non-vegan dishes are deep fried in the same wok.

GF GLUTEN FREE & VEGAN SAUCES available for select dishes, please ask staff.

Vegetarian Menu

- Please Note:**
- These dishes does not contain any seafood extracts / sauces
 - All deep-fried dishes (ENTREES and TOFU) are cooked in the same oil with non-vegan dishes.

Entrees & Soups

- 1.2 THAI SPRING ROLLS** (4 pieces) 13.50 **Vegetarian**
Thai spring rolls served with sweet chilli sauce.
- 8.1 ENTRÉE JAE** (Vegetarian Entrée) 15
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.
- 8.2 TEMPURA BROCCOLI** 12
Deep-fried crispy battered broccoli served with sweet chilli sauce
- 2.1 TOM YUM SOUP** **GF**  mild
Classic warm and sour soup with Thai aromatics and coconut milk
- 2.3 TOM KHA SOUP** **GF**
Rich and tangy mild Thai coconut soup.

Tofu with vegan soup / Vegan Soup

Entrée Size (Single serve)	Main Size (2-3 serving)	Family Size (4-5 serving)
16	33	40

Rice & Noodles

- 4.1 PAD THAI NOODLES** **GF** 32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Traditional stir-fried soft rice noodles with vegetables, egg, bean sprout, spring onion and chopped peanuts.
- 4.2 THAI FRIED RICE** 25
Vegetarian with egg / Vegan
Thai stir-fried rice, mixed vegetables and egg.
- 4.4 PAD SEE-EW** 32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.
- 4.5 TOM YUM SOUP with NOODLES** **GF**  mild 25
Tofu with vegan soup / Vegan Soup
Classic Thai sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

Please specify your chilli level preference when ordering



Extra chilli on the side 1.00 (Chilli flakes or fresh chilli with soy sauce)

Mains does not come with rice

If you have any allergy or dietary requirements, please inform the staff

Thai Curries

Vegan / Tofu (Vegetarian)

- 5.1 THAI GREEN CURRY** **GF**  mild 34
Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.
- 5.2 THAI YELLOW CURRY** **GF**  very mild 34
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables
- 5.6 THAI RED CURRY** **GF**  mild 34
Original Thai red curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.
- 5.8 JUNGLE CURRY** **GF**  mild-med 34
Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot and seasonal vegetables (no coconut milk).

Thai Stir-fries

Vegan / Tofu with Vegan Sauce

- 7.3 PAD KAPAO** (Stir-fry with Basil)  mild-med 33
Stir-fried seasonal vegetables and bamboo shoots in spicy chilli-basil sauce.
- 7.6 THAI SWEET and SOUR** **GF** 33
Stir-fried vegetables and pineapple in traditional Thai sweet and sour sauce.
- 7.9 STIR-FRY with GINGER** 33
Simple but delicious stir-fried dish with ginger and seasonal vegetables.
- 8.4 PAD PAK RUAM** (Stir fry with Cashew) 33
Stir-fried seasonal vegetables with soya bean paste and vegan sauce and topped with cashew nuts.
- 16. PRARAM** 33
Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce

Sides

Jasmine Rice (per person)	3	Roti Bread (2 pieces)	12
Coconut Rice	6	Steamed Noodles	10
Sticky Rice	6	Steamed Vegetables	10
Chips	11	Fresh Salads	18

Extras added in the dish

Extra Vegetables	10
Extra Tofu	6
Extra Cashew Nuts	5

Kid's Menu

KID A

Chicken Satay

with Peanut Satay sauce

KID A1 - with Fried Rice | 17

KID A2 - with Chips | 17

KID A3 - with Jasmine Rice | 12

KID B

Chicken Nuggets

with tomato sauce

KID B1 - with Fried Rice | 17

KID B2 - with Chips | 17

KID B3 - with Jasmine Rice | 12

KID C

Tempura Fish

with tomato sauce

KID C1 - with Fried Rice | 17

KID C2 - with Chips | 17

KID C3 - with Jasmine Rice | 12

Kid's Desserts

Mini Chocolate Sundae | 6.50

Mini Strawberry Sundae | 6.50

Mini Mango Sundae | 6.50

For kids 12 years and under

Benjarong
THAI RESTAURANT